

Health and Paramedical Publications

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Government Publications

OUTSIDE THESE INSIDE STORIES

The young women featured in this brochure are unique in one respect only: they had the determination to carve out careers based on what they really wanted to do rather than on what girls are expected to do.

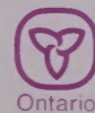
Other young women are turning more and more to non-traditional careers in keeping with their changing life-style — like Pat Ulicki of Saskatoon who is an air traffic controller, or Eva Gordon, a Toronto architect, or Anne Jolliffe, also of Toronto who is an account executive with an advertising firm.

Whatever your career decision may be, don't short-change yourself by settling for a level less than your potential. It's important, too, not to avoid what you think might be an interesting career simply because it's never been considered suitable for a girl.

You'll find that today, in Ontario, it's ability to do the job that counts — not whether you happen to be a man or woman. And this principle is enforced through the Ontario Human Rights Code. The law says that you cannot be discriminated against because of your sex or marital status in being hired, trained or promoted. So as long as you have the necessary qualifications, ability and commitment, you'll have an equal chance to succeed on the job.

If it's ideas you need, the Women's Bureau has a series of suggestions complete with job descriptions. It's called a *Career Selector*.

Just telephone or write the Women's Bureau, 400 University Avenue, Toronto.



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Lynda Stoyka / Age 24

Hyperbaric Nurse
Toronto General Hospital
Toronto, Ontario

Registered Nurse

"My first 'dive' in the hyperbaric chamber left me feeling as though I'd breakfasted on dry martinis. The 'chamber' is a huge decompression tank used for treatment of the 'bends' suffered by divers or caisson workers . . . also to speed up the body's healing process following surgery. The sensation under the chamber's greatly increased pressure is something almost every underwater diver, like myself, has experienced.

When I was offered the chance to work in the chamber, I jumped at it. Not just because it's extraordinary but because I'm challenged by being suddenly presented with a critically ill patient. The techniques of the chamber are something that can only be learned on the job, providing one is a registered nurse. I've wanted to be a nurse ever since public school. After I graduated and was doing ward duty, I began to get a little bored. I found myself wishing I'd gone on to university after nursing school. A nursing degree would have qualified me for more rapid advancement and the more interesting nursing specializations, such as teaching and administration. But at that time my husband was a junior intern and we couldn't afford both of us going to school.

Right now I can be called day or night if an emergency arises. And I have to be prepared to spend as long as 12 hours on duty, if necessary. My husband doesn't mind since he knows how much happier I am in this job. But I also believe there's much more to life than work. We intend to enjoy having a family too. I can always do relief duty to keep up — just in case I want to return."

Lynda Stoyka

"The routine bored me."



Tracy Wolfe / Age 25

Physicist, Whole Body Counter
Department of Nuclear Medicine
Toronto General Hospital
Toronto, Ontario

Master of Science, Nuclear Physics
University of British Columbia

"I learned very early that if I wanted to be accepted in an exacting profession, I'd have to pitch in and do my share. And I've tried. As one of only a handful of girls in my graduate studies, I've worn a hard hat and wielded a pneumatic wrench. Even a man is unpopular if he isn't willing to pull his weight.

I enjoy working with machines rather than people. That's why I'm a physicist and not a nurse or teacher. In fact, I didn't even consider any of the more traditional occupations. I spent a good deal of my childhood in my father's workshop. That's where I developed my love of building things. It wasn't a matter of being a tomboy, it was simply that I had a mechanical aptitude. It was only later, in university, that I gravitated into the specialized field of nuclear physics. It has its disadvantages. Once you become so specialized, as I am, the number of job opportunities diminish. Unless you're free to move around, it's much easier if you have a scientific background that can be applied to a variety of settings. There are other alternatives open to me of course, if my circumstances change. Industry for example, or teaching at a university.

In this position I work very much on my own. The complex equipment I use is labelled a Whole Body Counter simply because it is able to measure the amount of radiation given off by a patient's entire body. Earlier machines could measure only small areas of the body. My research analysis can assist the doctor in the diagnosis and treatment of certain diseases.

I expect to have a few more years to work before my husband finishes his studies and we settle down to a family. Meanwhile, we're both keen to do some travelling—I think that's a large part of an education. So... quite likely, home will be where I hang my hat."

Tracy L. Wolfe

"Machines are more predictable than people."



Carolyn Wood / Age 21

Respiratory Technologist
Hamilton General Hospital
Hamilton, Ontario

"When I was quite young, I spent a bit of time in hospital . . . I remember going around in a wheelchair with a tray of thermometers, helping the nurse take temperatures. Maybe that was the beginning of my fascination with medicine. I wasn't sure what I wanted to do, but I took both maths and sciences anyway. Deep down, I had the idea I might like to be a doctor . . . or something where I had an opportunity to be 'different'. Then, part way through grade 13 I saw an ad for an inhalation therapist. I knew immediately it was what I wanted.

My two year training programme was at the Hamilton General Hospital and the Toronto Institute of Medical Technology in Toronto. We work on patients who have respiratory and heart disorders. This may involve anything from an out patient requiring routine oxygen therapy to an emergency heart seizure, or resuscitation of a newborn infant. Our work requires the use of various types of inhalation equipment — each has a specific application. The patients often refer to us as nurses though of course we're not . . . the only thing we have in common is the patient.

I'm a very shy person, basically—with everyone else but the patients. With them I feel completely at ease. That's probably why I like the work so much . . . I like the feeling that I'm helping someone. It's never routine but as with all hospitals, you have to accept shift work. I've been married almost a year now, and I'm going to continue working as long as possible before we have our family. Everything is so specialized now and changing so quickly. If I want to return I'll have to keep in touch. I need that bit of independence . . . I suspect that's why I set out to be something 'different'."

Carolyn A. Wood

"It was different. It was for me."



Carole Chapnick / Age 21

Dental Hygienist
Toronto Sick Children's Hospital
and private practice
Toronto, Ontario

Diploma in Dental Hygiene
University of Toronto

"With this type of work you either love it or hate it. There's no half way in my opinion. I was only mildly interested until I got into the two year course. Now I find I don't even know when 5 o'clock comes. Occasionally, there are emergencies at the hospital. Just recently we had a policeman bring in an 11 year old boy who had smashed up a taxi, along with his front teeth. But more important is the thrill that comes from my work in the hospital's clinic for the Mentally and Physically Handicapped. When you consider that some of these children can barely move their arms, it's a tremendous challenge just helping them learn to get the brush to their teeth. Instructing patients in dental care is a most important part of our work. We're also qualified to clean teeth, apply flouride and take X-rays.

I was fortunate to get a job working with 'special' children. I work in the hospital clinic three days a week, the other two with a dentist in private practice. It's a great combination. And jobs for dental hygienists are very plentiful . . . even in part-time work so really it can be a lifelong occupation. If I leave it temporarily for family responsibilities, I can easily return — as long as I keep up with new methods.

The biggest unknown for a girl considering this type of work is whether she is suited to it. I've always wanted to do something in the health professions. At one point, I even considered Speech Therapy or Physical and Occupational Therapy. I like working with my hands but there's more to this job than that . . . your ease and ability with people is just as important. I'm certainly not in it for the money. You'd understand if you could see a cleft-palate child after corrective surgery. It's beautiful!"

Carole Chapnick

"I like working with my hands."



Jill Frayne / Age 24

Child Care Worker
Crisis Intervention, Psychiatric Service
Scarborough General Hospital
Scarborough, Ontario

"I never did set out to find a career . . . I set out to discover who and why I am. In the course of discovering 'me', I wound up with a career. In fact, it's not even a career . . . It's like an avocation with me. I almost consider my salary as an added benefit. I'm a Child Care Worker in the Crisis Intervention Unit. I work with emotionally disturbed kids whose 'hang-ups' run from family, to drugs, to sex. My involvement with people started as a teenager when I worked summers as a day camp counsellor. No . . . actually it started before that. My family has always been passionately concerned about what is happening to people, so I suppose I came by it honestly. But after high school I wanted to get out-of-the-nest and make my own way.

I spent three years getting a B.A. in Psychology from McGill. Rather than going on with my education I wanted to get on with living.

I took a job as a counsellor with Browns' Camps, where they employ the same techniques as in the film 'Warrendale'. It was an emotionally intense but extremely valuable experience. Now, I'm working in an almost experimental setting where most of my counseling is carried on outside the hospital in the kids' own environment . . . the corner drug store, the park, the bowling alley. Marriage will be important to me . . . I like the idea of a husband, a family and stew on the stove. I may not always hold down a regular job but I'll always be working with kids and their problems."

Jill Frayne

"I get excited by getting in touch with people."



Dianne Vander Pol / Age 26

Marine Mammalogist
Department of Zoology
University of Guelph
Guelph, Ontario

Bachelor of Arts, Zoology

"How would you explain to a store clerk that the mattress you are being so particular about buying is for a Harp Seal . . . ?

It's one of the unexpected encounters I've come to expect in this fascinating project. Although the research being carried out on our seal pups is simply to learn more about their biological mysteries, any discoveries could well have application for human medicine. The seals come to us as newborn pups, lifted off the St. Lawrence ice floes in the early spring. My part in the research is to study the seals' circulatory system. And I'm given ample freedom to do the job according to my own plan. I am, however, at the mercy of the seals since keeping them alive in captivity requires our constant vigilance. I've spent many a weekend checking on a sick pup and giving injections every four hours. If you want a fascinating job you have to accept the responsibilities that inevitably go with it. If not, then you remain just a 'cog in a wheel', in my opinion.

In high school I had vaguely entertained the idea of becoming a lab technician. I didn't know what else to do and I certainly didn't feel cut out for the usual. Later, at university, I became intrigued with zoology. I also learned that I've got to be doing something I'm genuinely interested in. And I'm prepared to sacrifice, financially, to have that kind of contentment. I think it makes sense, too, to develop your own personal goals, distinct from your husband's. If we decide to have a family, I definitely hope to continue working on a part time basis. Frankly, I'm so sold on what I'm doing, I'd get more satisfaction out of publishing a paper on the seals than getting my master's degree.

Incidentally . . . that mattress was for the 'handling trough'—where we secure the seals while they're under examination."

Dianne Vander Pol

"You have to expect the unexpected."



Sue Chamberlayne / Age 23

Audio-Vestibular Technician
Wellesley Hospital
Toronto, Ontario

"Actually, you could call me an occupational hybrid. In hospitals where they maintain both audio and vestibular technicians, they usually work independently of each other. It's a good field for a girl to get into right now, particularly since the vestibular side is just beginning to come into its own. As a combined discipline it means that in addition to testing patients for hearing disorders, I'm also trained to detect disorders of the sense of balance, more commonly known as "Vertigo". In fact, the vestibular testing techniques are so relatively new it's almost like breaking new ground. I had the opportunity of setting up the unit for Wellesley Hospital . . . that's the kind of responsibility I really thrive on.

At the moment, training for this work has to be on-the-job, usually in a hospital clinic, though there are courses for Audio Technicians. I started out simply as a Vertigo Technician. As I learned more about balance, my curiosity spilled over into the hearing end so I added audio training.

To a great extent I suppose circumstances have shaped my life. After one year of university I dropped out to get married. But after two months as a bored housewife, and a bit lonely, I knew I had to carve out something of my own. . . . Actually it's more the contact with the patients and the results of my findings that I most enjoy. The testing itself can become monotonous . . . but then what jobs haven't a certain amount of monotony? Anyway, the longer I'm at this work the more intrigued I become with it. We're expecting our first child now, and of course I'm delighted. But I suspect I'll always need some kind of outside interest—so I'm looking ahead to a part-time position here. I'm even thinking that—someday I might get back to university to pick up where I left off."

E.S. Chamberlayne

"I'm an occupational hybrid."



Lilli Anne Zahara / Age 24

Public Health Inspector
Hamilton-Wentworth County Health Unit
Hamilton, Ontario

Certificate in Public Health Inspection, Canada
Ryerson Polytechnical Institute

"Back home in Peace River, Alberta, there's still the old fashioned feeling that women shouldn't work—period! Their place is supposed to be at home, with families. With that kind of upbringing even I'm sometimes surprised to find myself doing what I am in a city the size of Hamilton. I had been working out west as a steno-cum-helper for a health inspector . . . setting up and reading his water and milk tests. One day I woke up and thought, 'Why should I play second fiddle?' I'm an outdoors girl and eventually the frustration of being cooped up all day got to me. So, with the blessing and encouragement of one of the inspectors I headed for Ryerson Institute and became the first female graduate qualified to practise in Canada as a Public Health Inspector.

If I've made a contribution in helping to open up this field for other girls, then I'm extremely pleased about that. There are now more girls enrolled in the course. And really it makes sense to have female inspectors. Much of the routine inspection centres around the maintenance of 'good housekeeping' standards, whether it's in a restaurant, or checking out the heat and water facilities of a tenement house, or a swimming pool. Even more important is our role as health educators.

I'm not one for living out of a suitcase. I'd like to put down roots, so if and when I marry I'll probably retire to the homefront. You see . . . there's still a large chunk of Peace River in me."

Lilli Anne Zahara

"One day, I woke up."



Lilo Kruska / Age 26

Medical Photographer
Sick Children's Hospital
Toronto, Ontario

"This is probably one of the few occupations where a girl can develop a career out of a hobby. If you intend to make a lifetime occupation of photography you've got to have above average talent—for a start—and a good deal of drive. If you're heading into medical photography, it helps to have a degree of detachment. I find I prefer not to know the patient's history otherwise I could become emotionally involved or too concerned about the patient. As yet there aren't very many girls in medical photography though it strikes me as a natural for a girl, especially if you've a yen for working with the medical profession. The hours are usually regular and it's rare to work over a weekend. However, the pace can be hectic, particularly during neurosurgical operations. You must be able to manoeuvre quietly and work skillfully under a very tense atmosphere. By contrast, much of my day to day work is taking shots of patients 'before and after' treatment in a more relaxed setting. And I have the added delight of working with kids—that's a big attraction for me.

I got my original training in Germany. It was a two year apprenticeship program from a technical school. You have a similar type of study program available here from Ryerson Institute. I don't think I'd ever want to work in a commercial studio. My temperament just isn't suited to it . . . I'm an easy, casual sort of person.

There's one really great advantage to this trade. What other occupation can you revert back to a hobby if you find yourself at home raising a family? It's a marvelous way of keeping up techniques. And there's always plenty of opportunity for part-time work, in or out of the hospital."

Lieselotte Kruska

"A hobby that became a career."



Marion Nielsen / Age 24

Psychometrician
Ontario Crippled Children's Centre
Toronto, Ontario

Honours Bachelor of Arts, Psychology
and Sociology
York University

"This is my 'take stock' year. And it's been an important one because from here on my die is cast, professionally, as a psychometrician. For me it was a wise move to take a year out from my academic program and get a taste of working. It gave me a chance to reassess whether I was heading in the right direction. I was . . . but it took the job experience to sort out one of my misgivings. At times I found it unsatisfying to be working with the children on such a short-term basis. However, the advantages won out. I'm working with children from preschooler to teenager. A psychometrist is a person trained in the techniques of testing a child's intellectual, social and emotional development. This is tremendously important to know, of course, in setting out a treatment plan for a handicapped child. It brings me into contact with the parents—which I enjoy—and with my medical colleagues. Not all psychometrists would be fortunate enough to have as much variety as I have in this setting.

This is an excellent field for a girl who is not planning to proceed to the advanced level to qualify as a psychologist. I've made my decision to go on and I'm returning to school this fall. When I'm finished I'll be a specialist in educational testing, probably in a school setting.

If you're unsure about an interest in this field I think it's a good idea to visit a psychology department and get the feel of things. My attraction to it was apparent from high school days, when I decided I was going to revolutionize guidance counselling! Who knows, maybe that will be my next windmill."

Marion Nielsen

"University changed my thinking."

